

Official Magazine of the United States Gymnastics Federation

USA GYMNASTICS

July/August 1987

Volume 16, No. 4

'87 Champs Scott Johnson and Kristie Phillips



**CHAMPIONSHIP ISSUE:
USA & EUROPEAN**



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USA GYMNASTICS

July/August 1987

Volume 16, No. 4

On The Cover

PASSPORT TO THE FUTURE

Kristie Phillips and Scott Johnson won the all-around competition in the McDonald's U.S. Gymnastics Championships. These Championships are the most important in many years because selected in Kansas City were the teams which will represent the United States at the Pan American Games in Indianapolis, IN.

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(Right: Robin Carter)



Cover photo © 1987 USGF, by Dave Black

ANALYSIS OF CHAMPIONS

The Soviet Union, the undisputed trendsetter in world gymnastics, came to Denver, Colorado and exhibited why they are rated No. 1 in the world.

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HER SIGHTS ARE ON 1996

With pigtails in her hair, seven-year-old Lenna Apasukh prepares herself for the 1996 Olympics, a meet her coach D.J. Miles believes she can make.

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EUROPEAN CHAMPIONSHIPS

Romania's Daniela Silivas traveled to the Soviet Union and brought home the all-around gold medal while native Soviet Valene Lyukin kept the men's title at home.

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USGF EDITORIAL

Defining Olympianism

By Mike Jacki
USGF Executive Director

You perhaps have heard about, or watched, the news reports that show the unrest and turmoil in South Korea. Maybe it should be expected. After all, we are planning to conduct the Olympic Games there in September of 1988, and what better stage on which to bring issues and conflicts of people and countries to the media than the greatest of all sporting events.

We have even had aspiring political candidates throw in their two cents worth to make their political statements and try to capitalize on the world's attention to the upcoming Olympics. I suppose we will have the PFL trying to sign on as an official sponsor!

We all know boycotts do not accomplish anything. It is getting very frustrating having "everyone else" determine if the athletes should compete in the Olympic Games. This problem transforms into additional conflicts during the "off-Olympic" years. We simply fall prey to politicians, bureaucrats and governments. They have no need or concern for sport other than to exploit it and use it for their own personal and political advantage.

As we approach the Olympic year, we once again must analyze the entire concept of Olympianism. It seems that the original concept of the Olympics is simply being wrongfully used and is becoming more and more misunderstood. Countries are using the Games for springboards for their propaganda endeavors. They look at the Games as a way to gain prestige and prominence in world markets as well as providing a platform for their political beliefs.

Perhaps the International Olympic Committee needs to re-evaluate and restructure its entire

selection process. Can we afford to place the Games in the hands of governments or private organizations whose first concern may not actually be the conduct of the Games and the athletes? Perhaps the IOC should be solely responsible for running the Games and not turn them over to governments or private organizations. Perhaps the IOC could "borrow" a country's facilities and run its own Olympics. Maybe we should consider a permanent site, a place that can lend stability to the Games. Perhaps we can eliminate the continued effect of a country's internal politics which, in some cases, can drastically change overnight.

We can discuss so many issues and problems associated with the Olympic Games and, at the end, never identify the reason the discussion took place. Why do the Olympic Games get, and deserve, so much attention? The answer is simple. In all that exists in our world, there is no single entity that has more of a global impact toward world peace than the Olympic Games. For this reason, if for no other, the Games must be preserved.

The Olympic Games represent everything that is good: friendship, dedication, perseverance, pride, sacrifice, compassion, victory and understanding. It is the one time, every four years, when the world has a fair arena in which to compete, and nations can come together on equal terms under one flag. The Olympic Games represent the highest ideals of people and nations. If we lose it, we lose something far greater than a sporting event, we lose the final grasp of world peace.

The concept of Olympianism should touch everyone. It is a spirit that touches everyone, not just athletes but people and nations. It is critical to future generations that the Olympic Games continue and the flame burns bright in everyone.

Begin With The Team

By Michael G. Botkin
Editor, USA GYMNASTICS

A team is a unit made up of individuals who join forces to become teammates. Due to the very nature of gymnastics, many consider it to be an individual sport, but this is a concept that must change. The greatest satisfactions come from the team. Ask Bela Karolyi, Greg Moradon or Francis Allen and they will all tell you the sweetest victories are associated with the team.

Let's take one last look at the 1984 Olympics. Years prior to that meet, the gymnastics community was united as a team. The men had been competing together for so long they considered themselves a team. They knew each other and moved as a single unit. The same with the women, only to a lesser degree. Many cried like babies when Tim Duggett's 10.00 on high bar secured the gold medal for the men's team. Was there a greater feeling?

But since the Olympics, an individualist attitude has hit the community. No longer are the men and women thinking of the team. Medals are being associated with certain individuals, not with teams. The time has come to swing the pendulum back the other way.

Forget the 1984 Olympics and the effect it had upon the gymnastics community. There were many stars to emerge and many contracts signed, but the United States is entering into the most important time period in the sport's modern history. And it all centers around the team.

These Championships mark the beginning of this time period. Chosen at this meet were the teams that will represent the



United States in the upcoming Pan American Games in Indianapolis, Indiana, and the all-important World Championships in Rotterdam, the Netherlands. The significance of the teams' performances in these meets will have repercussions reaching all the way to Korea.

It is now that everybody in the gymnastics community must start thinking as a team and working together. Individuals won't cut the mustard if the team performs poorly. For the United States to have a better chance during the World Championships, a team victory in the Pan American Games is needed, along with the extensive international media coverage that the event will receive.

The real test will be at the World Championships. As it stands right now, the women's team is looking stronger than the men's with one exception: the women are segmented. Gymnasts who qualify for these meets will represent their country, not their gym. It shouldn't matter whether your teammate lives in Pennsylvania, Texas, California or Timbucktoo. There is a job to be done.

Every gymnast that competes for his/her club knows the importance of being on a unified team. Besides being more fun, it actually helps everyone perform better. Whether first or last in the rotation, everybody has a specific role to perform so the team will do better. This is something everyone at all levels must realize, if they don't already.

Getting into the team spirit should start right now at all levels. If all are united, climbing back to the top might not be such a traumatic experience. It is vital that the teams do well this year and next. Placement in the World Championships affects where the teams are put into Olympic rotation. Just think of it this way, if the teams are put in the first rotation because of a poor performance in the World Championships, then it will be very hard for the individual to break into the finals. So begin with the basics. Begin with the team.



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Iowa State University
PE Building
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Wednesday, August 16, 1995
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Dates, Times and Locations will all be listed in **USA GYMNASTICS and USGF TECHNIQUE**. They can also be checked by calling the USGF Department of Safety and Education at (317) 638-8743.

EDITOR LETTERS

Poet's Corner

(Editor's Note: Of the many letters we receive at USA GYMNASTICS, many come from aspiring poets. I thought we would share a few of them with you this issue. If you would like to write to the Editor, send the letter to Editor Letters, c/o USA GYMNASTICS.

Dear Editor:

I really enjoyed the article, "The Chance to Dream" in the January/February issue of USA GYMNASTICS. We are all very proud of Chad Ocasio here in Schriever, Louisiana.

In the article, the gymnasts at the school were referred to as the Cagan Kids. They are the Cagan Kids. I have enclosed a poem I recently wrote that you may enjoy.

A Regular Day

First to school, then to gym.

A swing on the beam.

A walk on the beam.

A flip on the floor.

A leap over the vault.

Back home into bed.

And, do the same thing tomorrow if I'm not dead.

Holly Benoit (Age 12)
Schriever, LA

Dear Editor:

I am writing in regard to a recent poem which my daughter wrote as a class project. I finished reading it and was very moved by what she felt during recent weeks. I think you will find the poem interesting and something other gymnasts may have felt at times in their competition.

Sincerely,
Mike Hudde

The Injury

Getting up every morning to go to the gym,

Working as hard as I can because I want to win.

But an injury has slowed me down,
Will I ever be the same?

The big meet is coming up with unbearable pain.

Time flies by and the meet has come,

The pain keeps getting worse, but I must go on.

I want to make everyone proud.

The meet proceeds bars, beam, vault,

Without a fault.

But with pain that is worse than ever.

Finally the last event.

As I limp out onto the floor-ex mat, the music starts.

Trying to hide the pain, I begin,

The music goes on and seems longer than ever before.

At last the routine ends and the music stops.

I lay there on the floor-ex mat unable to walk.

But I gather up my last strength and courage, stand up to show, and limp off the mat.

This is the best meet in which I've ever performed, but with the greatest pain I've ever felt.

I won! As I go up to collect the sword with great pride,

They play the National Anthem. I think of how much I love gymnastics, maybe even more than myself.

Krista Hudde (Age 11)
Mattoon, IL

Dear Editor:

I am a Class IV gymnast in Walton, New York, and enjoy writing poems about gymnastics. I was hoping you would enter my poem in USA GYMNASTICS.

A Gymnast

A gymnast jumps in leaps and bounds,

No matter what happens, they never show their nps and downs.

They tumble with such unmatched grace,

With a golden smile upon their face.

When they are at practice they do their best,

For when they go to competition, it is always a test.

Jennifer Cohen (Age 11)
Walton, NY

Dear Editor:

Attached is a poem full of feelings, hopes and dreams written by my daughter who is a 10-year-old Class II gymnast. Her teacher at school and her gymnastics coach, Nita Prather of Crandall's Physical Arts Center in Pendleton, Indiana, were very impressed with it.

Sincerely,
Linda D. Nicholson

Young Gymnast

I started gymnastics when I was five,

I'd do my tricks and Mom and Dad would say, "Land snakes alive!"

Now that I'm 10, I go for the win, I smile and grin, and do it again!

I work hard day after day, There's never been much time for play.

I've worked hard just for me, Just wait, you will see . . .

If I flip and then I flop, I won't go to the top.

I'll just smile and grin, And do it better then.

I'm a good gymnast, that's what they say.

I hope and pray to be best someday. If I am not, I will not cry,

Because I want to be best before I die.

Now that I'm 10, I'm a Gymnast Junior Elite,

People say that's quite a feat. When I grow up, I'll be hard to beat.

Because I've excelled at every meet.

I don't care if there's no time for Sweeties,

I intend to be on a box of Wheaties!

I don't care if there's no time for play,

I just want to be famous someday!

The 1992 Olympics are in my sight,

If I work hard, I just might . . .

I don't know what to say to you, But my goal is to be another Mary Lou.

Jeani Nicholson (Age 10)
Pendleton, IN

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Summer Gold

What The 1987 Pan American Games Mean To Me

By Robert Cowan
Men's Program Administrator

No doubt, by now, everyone is aware that the 1987 Pan American Games are being held in Indianapolis, Indiana, this summer. But did you know this is the first time since 1959 these Games have been in the United States, and only the second time ever? What you may also not know is the importance of the American gymnastics teams' performance in these Games.

How important was the hockey team's win over the Soviet Union in the last game of the 1980 Winter Olympics? How important was the success of the 1984 Olympic Games to all sports, especially gymnastics?

Our country has not had much to cheer about in the months before or since the Olympics. From the loss of the space shuttle "Challenger" and the subsequent effects on the entire space program, to the Iran Contra scandal, to the AIDS epidemic, we are continually hit with bad news.

The 1984 Olympics gave this country back some of its pride. Recently, I sat in Pauley Pavilion during the 1987 NCAA Men's Division I Gymnastics Championships. Images of 1984 bombarded me, and a sensation of wonder and anxiety filled me. Will we, as Americans, ever feel such a thrill of victory again?

We need that feeling again. We need to get a full shot of patriotism and we need it now! Many in the gymnastics community have their sights set on Rotterdam and

the World Championships. It is a very important competition, indeed, because of its effects on the 1988 Olympics. Yet, like the runner who stumbles over the last hurdle because his eyes are focused on the finish line, we are in danger of overlooking an obvious fact.

The Pan American Games will be the window to the world and it will provide gymnastics its most visibility since 1984. The World Championships, because it is in Europe, will not be as visible. The United States Olympic Committee has confirmed an equal number of media requests has been granted for the Pan American Games as for the 1984 Olympic Games. Add to that, extensive coverage by South American, European and Asian television, and TASS (the Soviet news agency), and the United States has the opportunity to make quite an impression on the world.

We must win the Pan American Games. We can win the Pan American Games. We will not win the World Championships, but a gold medal performance at the Pan American Games will have a positive effect on our athletes' self confidence, as well as international recognition.

As a former gym club owner, I have experienced the effects of poor performances by American gymnasts at the 1976 Olympics. The boycott of 1980 had a profound effect, so did the stellar showing in 1984.

Many programs are suffering from post-Olympic depression, or "what do we do for an encore?" Part of the cure could be a great showing in our own backyard this summer. Recent articles in *Sports Illustrated*, and negative comments regarding safety during television coverage, have left the sport with a tarnished image. A solid gold medal performance can reverse that image.



Over 700 people have volunteered to work gymnastics during the Pan American Games. Add the other support personnel, and the total count is close to 20,000. I have the honor of being the Podium Foreman which means that I, and six other insane individuals, have been spending nights and weekends building the competition platform or podium, the same that was used in Los Angeles. It will take two crews of nine people three days to construct this 10,000-foot podium in the competition venue.

None of these people had to volunteer. But they, like we who eat, sleep and breathe gymnastics, all believe one thing: our kids are the best. One volunteer summed-up why the Pan American Games are so important, late one night as we dug ourselves out of the vacated Target store where the podium is temporarily being stored. Someone commented, "I hope those kids know how hard this was, and I hope they win." In response, another volunteer, who has never seen a gymnastics meet, said, "I hope you know how hard those kids work, and they will win!"

I like that man's attitude. Go get 'em USA.

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Ankle Injuries

By Michael Bishop, A.T., C.
Morris Health Wellness Center
Des Moines, Iowa

The many structures of the foot and ankle, and the complexity of the sport of gymnastics can create a situation where a great potential for injury exists. In many cases the most commonly injured area is the ankle, which is subject to minor and severe traumatic and overuse injuries.

These ankle injuries tend to predominate in two categories: 1) the inversion type in which the foot is turned inward, often with a downward component and 2) the injury (hyperdorsal flexion) in which the foot is jammed upward. This is not to say that there are not a great deal of other ankle- and foot-related injuries.

A thorough understanding of ankle anatomy, biomechanics, and the mechanisms of injury will aid in designing the proper treatment and rehabilitation program. In any such program, a thorough evaluation of each individual by the physician, athletic trainer, or sports physical therapist is essential. The ultimate goals are full range of motion, muscular strength, and returning the gymnast to full, safe participation.

Many people wonder how some athletes are able to return to activity and competition so quickly following an ankle injury. There are a number of factors cited; however, the primary reason for the expedient recovery is the availability and utilization of appropriate medical care. In many cases the athlete may have ice, compression, support, and elevation within minutes of an injury, an accurate physician-diagnosis within only a few hours, and an aggressive rehabilitation program started within a day or two of the injury. In addition, the athlete has maintained cardiovascular conditioning.

In the initial management of ankle- and foot-related injuries the



basic first aid principles of rest, ice, elevation, and compression (R.I.C.E.) are reasonable.

The immediate application of ice is appropriate for virtually every type of ankle and foot injury, and should be of a fifteen- to twenty-minute duration every two hours, and may be applied in conjunction with an elastic wrap for compression and support. Elevation will also aid in the control of swelling as well as generalized comfort. In addition to ice, compression, and elevation, selective rest should be one of the most important phases in the initial management of an ankle sprain.

This will begin with a non-weight-bearing crutch walking gait for the first 24 to 48 hours or until initial swelling has subsided, at which point, weight-bearing may begin as tolerated. However, it is recommended that the athlete utilize crutches until able to walk without a limp.

Treatment and Rehabilitation

1. Following physician examination and diagnosis, the first aspect of a good treatment and rehabilitation program will involve team work between physician, athletic trainer or therapist, coach and gymnast. Constant communication will aid in the best possible rehabilitation program.

Although initial injury management and rehabilitation may begin with the trainer or therapist, and may involve treatment modalities beyond that available in the gym, the most important part of the treatment will take place at home and in the gym.

2. As soon as the swelling and pain are subsided, ranges of motion actively may begin. This should be done first in plantar- and dorsiflexion (straight up-and-down movement of the foot) and should be pain free. This may also incorporate some gentle stretching (pain free), and should be preceded and followed with 15-minute applica-

SPORT FITNESS

tions of ice, or be done in conjunction with a cool 40-60 degree whirlpool.

3 The next step also includes range of motion activity such as writing the alphabet with the foot and ankle, and, following a 15-minute application of ice, includes walking for short durations just until the ankle starts to become sore, and then ice is re-applied (ankle should be taped or protected in some manner). Walking should be done without a limp, or this activity may be premature.

4 Once swelling is no longer present, contrast applications of ice and warmth may also begin, starting and finishing with ice. When pain-free range of motion and weight-bearing is achieved, ankle proprioception exercises should begin. This is done by balancing on one leg with eyes closed, while maintaining balance. This may also incorporate the use of a balance board or wobble board.

5. Beginning muscle endurance activities is the next step in the treatment program. This can be done utilizing surgical tubing for resistance and working planter and dorsal flexors, inversion and eversion, each exercise done to fatigue. Isometric personal exercises and partner resistive type exercises in the same movement patterns should follow with each exercise being held for five to eight seconds and repeated ten times. All of these should be done pain free.

6. At this point, progressive resistive exercise such as towel curl (using the toes to curl an outstretched towel under the feet), marble pickup (with toes) for development of smaller muscle groups, and toe raises for larger muscle groups should be started.

There is no reason why an athlete with an ankle sprain should lose cardiovascular fitness. This can be maintained by cycling

and swimming. In addition, upper body and unaffected leg strength should be maintained, and are an important part of the treatment and rehabilitation process.

The injured gymnast should participate in as much of the daily training activity as can be done safely and comfortably. This may begin with stretching and warm-up activities and move into the treatment and rehabilitation phases, including cycling and/or swimming, just as if it were a normal part of the workout, and should be followed by the coach like any other event.

The injured gymnast should be 100% rehabilitated before returning to full workouts and competition. This may be objectively measured with an isokinetic testing device (such as Lido or Cybex). A few extra days of therapy is better than risking reinjury. The only thing more frustrating than an injury is reinjury.



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ANALYSIS OF CHAMPIONS

Soviets' Technique Described

By Stu Staller

The Soviet Union is the undisputed trendsetter in international gymnastics; so when they come to the United States, there's a noticeable run on VCR countries. In the interest of providing information for the video-deprived, however, below is a brief rundown on what was new and exciting at the McDonald's Challenge-USA/USSR competition in Denver in March.

Women's Competition Vault

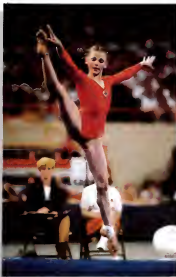
The only time a Soviet gymnast didn't throw a round-off full-twisting layout Tsukahara was when Natalia Lashchenova called for the vault, missed her block and threw a layout Tsukahara instead. During training, Svetlana Boginskaya was working a round-off layout one-and-one-half twisting Tsukahara with good consistency; but the Soviets rarely push their routines to the limits of their difficulty standard, so in competition Boginskaya stayed with the full. American Kristie Phillips did a round-off tucked one-and-one-half

twisting Tsukahara in competition, and landed both vaults well.

To warm up the round-off vaults, the Soviets did round-offs onto the beam board, high layouts over the horse without touching it. In fact, when they got cranking, one girl did a round-off, double layout. Had she bothered to touch the horse it would have been a round-off layout Tsukahara.

Down Bars

On a basic level, the most distinctive thing about the Soviets' bar work was the speed of the top through the bottom on their giants. The increased speed meant less break on the shoulder angle, so blind changes were made easier. Boginskaya and Lashchenova finished their full-twisting giants (blind change immediate pirouette) in handstands, as opposed to blind change to the top, pirouette on the way down, and Yula Kuz did a blind change to double front with a half-off dismount. All of the Soviet girls dismounted with double flyaways, either tucked, piked or twisted.



Olga Chudina of the Soviet Union shows beautiful form during her floor exercise routine during the McDonald's Challenge-USA/USSR.

USGP photos © 1987 by Dave Black



Flexibility is the key for Alexei Titchenikh during his floor exercise routine. He opened his routine with a full-in, full-out and was the only Soviet gymnast not to open with a double layout.

Besides Kut's barn-um-out double front, the only other unique skill was by American Phoebe Mills, when she performed a reverse layout with her feet together through the entire skill.

Beam

When the Soviet girls scrambled up on beam prior to the meet, their coach walked over, called them down, took them out in the hall and showed them out. When the girls tried to get upon beam later, the same thing happened again; consequently, they went into the meet with very little warm-up on beam and it showed. They fell a lot.

Besides falling, trends that could be deciphered were three leap dance poses and three skill tumbling poses. Boginskaya, Olga Barchanova, and American Jennifer Bey all performed flip-flop, flip-flop, layout poses. Boginskaya threw a flip-flop, flip-flop, flip-flop pose and Mills nailed a flip-flop, layout, layout.

The Soviets weren't afraid to do tumbling mounts. Two did punch fronts, but the most common mount was a round-off onto the beam board, layout step-out onto the

beam, functionally similar to their vaulting warm-up. (In fact, Olga Chudina used a round-off layout over the low bar to mount uneven.)

The final two Soviet competitors, Kut and Lashchenova, tumbled with their feet together, including Kut's flip-flop, flip-flop, layout (feet together on the punch and the landing), and Lashchenova's flip-flop, flip-flop, full-in back out dismount. By keeping their feet together they were able to accelerate their flip-flops like build-or back handsprings and punch rather than jump into their somersaults.

Floor Exercise

The Soviets did their round-off, flip-flops very stretched and upright, meaning less up-and-down movement of the center of gravity and higher blocking angles. As an team, the most impressive Soviet tumblers were Kut and Lashchenova. Kut opened with a full-in, came back with a round-off, flip-flop, two-and-a-half twist to immediate punch front and finished with a round-off flip-flop double back immediate punch front

(Probably in the interest of strengthening her ankles, she included about three or four punch fronts from a stand off a chair in her warm-up.) Lashchenova opened with a layout double, put a round-off, whip-back, flip-flop, full-in in the middle, and finished with a round-off, flip-flop, full-in.

Men's Competition

Floor Exercise

Pre-meet speculation focused on whether or not Valery Lyukhin would throw his triple back. He didn't; but throughout, Lyukhin worked a triple (from one step into his round-off) with a spot, not a bump, from his coach. He reportedly completed the triple in Moscow earlier this year.

Even without the triple, the Soviets' tumbling was awesome. Five of six gymnasts mounted with double layouts, two of them worked flip-flops out of the double. Alexei Titchenikh, the Soviet who didn't mount with a double layout, opened with a full-in, full-out. Four out of six Soviets dismounted with full-ins and Yuri Korolev, who didn't, closed with a layout double.



Natalia Lashchenova was a great performer on the uneven bars. She finished her full twisting giant (blind change immediate piroette) in a handstand as opposed to a blind change at the top and piroette on the way down.



Yuri Korolev's inverted cross was markedly lower than any of the Americans'. It seemed he didn't get his point across so he performed a front half back uprise to another inverted cross.

Pommel Horse

When the Soviets used both pommels, it was usually just passing through to one pommel or all leather circles. Lyukin and Valentin Mogilyni threw back-to-back life with sets which included traveling flared Magyar spirals. Mogilyni traveled backwards from one end of the horse to the other, facing the long axis of the horse, carefully avoiding the pommels as he went.

Bars

Everyone swung and everyone held crosses. The Soviets swung cleaner and held their cross positions better, so they won. Korolev's inverted cross was markedly lower than any of the Americans', and if Korolev didn't get the point across with the first inverted cross, then his front half back uprise to another inverted cross did. Like two of his teammates, Vladimir Novikov mounted with a back roll to an iron cross; but unlike anyone else, he dismounted with a double front, kicked it open above the rings, and landed it solidly.

Vaulting

The Soviets were so strong on vaulting that Mogilyni was the team lightweight throwing a "simple" layout full-twist Tsukahara. Tikhonkikh got things started with a layout double-twisting Tsukahara. Vladimir Artemov followed with a full-twisting Cuervo. And Novikov, the fellow with the double-front off rings, threw a stretched layout handspring front. Korolev did a cartwheel, side somi with a quarter twist to face the horse, to tie for first with Lyukin who nailed a layout double-twisting Tsukahara.

Parallel Bars

The Soviets' flawless execution enabled them to take difficult skills and make them minor components of extremely difficult combinations. Artemov mounted with a locked-arm peach to handstand, then dropped to another peach, this one finishing with a turn to one rail, then pirouette back to both rails. Korolev used a giant, immediate Diamadov, giant combinations. And Mogilyni mounted with a glide up to handstand on the end, then swung a Diamadov to a giant to immediate Di-

amadov to a giant to the middle.

Horizontal Bar

The Soviets performed many reverse hechts, 11 male routines. Mogilyni and Novikov both had combinations of reverse hecht to immediate reverse hecht. Artemov did a one-arm giant into a reverse hecht and later a reverse hecht followed by an immediate Granger. Tikhonkikh did three releases in a row, combining a reverse hecht, reverse hecht and Granger. Korolev did a reverse hecht from one arm, caught with both hands, and immediately went into a reverse hecht from two arms. Lyukin only did one reverse hecht, but his set also included a full-twisting Jaeger from inverted and a knees-together, toes-pointed, triple back.

Overall, the Soviets had just two major breaks, one when Artemov touched both hands on his full-twisting Cuervo, the other when Tikhonkikh touched down on his layout double full-on dismount off high bar for a team hit percentage of 95 percent, or 35 of 36 routines.



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DANCE

Strategies For Choreographing Female Floor Routines

By Rebecca Thompson

(Editor's Note: This is the second of a two-part series dealing with dance and choreography for women's floor routines. Part one appeared in the May/June issue of USA GYMNASTICS.)

Selecting The Dance Movements For A Floor Routine

It is a good idea to keep the dance movement in a routine as simple as possible. This is especially important for the beginning competitor. If the style of movement is kept simple, the gymnast will be able to perform with greater confidence.

The routine should be choreographed to fit the style and ability of the gymnast. In order to do this the choreographer must spend some time observing the gymnast in dance situations. Choreography is to a large extent a "trial and error" process. It takes a while to discover which movements look best on which body types. For example, if a gymnast has a tendency to raise her shoulders every time she raises her arms above her head, it might be best to avoid using a lot of overhead arm movements.

This will involve less time in correcting her positions. There are a lot of nice arm motions that can be done at shoulder height or below. This is not to say that the gymnast should never raise her arms over her head. However, while she is still learning to control her shoulders, she can be made to look good in performance without an overabundance of time spent in corrections.

It is important for the choreographer to know the requirements of the floor routine. For this, you need a judges code book. Study this carefully and you will find that there are ways to complete the requirements without doing skills that the gymnast will tend to have a lot of trouble learning. To perform dance skills well takes a lot of training, but there are some simpler skills that can be used in combinations and in such a way so as to enhance the routine and fulfill the requirements.

Try to have themes of movement around which you build the routine. There should be phrases of movements that tie the whole routine together. This is just as important as the phrasing of the music that was discussed earlier. Obviously there is a deduction for repetition of



Sunja Knapp demonstrates that simple dance movements in a floor routine can be very effective. Knapp, a member of the Senior National Team, is a member of Berks Gymnastics Academy. (USGF photo © 1987, by Dave Black)

movements, so you want to avoid using a lot of the same movements. Think more of the routine as having a "Theme and Variation" effect. There are a lot of movements that can be done in a similar way so as to tie the whole routine together. For example, the beginning shape of the routine might show the gymnast standing in a lunge position with the back toe pointed and the hands on the hips, with the body in a slight lean to the left. The ending position might tie in with the beginning shape by showing the gymnast in a kneeling position with the front toe pointed, left

hand on the hip, right arm overhead or on the hip, and the body in a slight lean to the left. There is enough similarity in the two positions to tie them together and enough of a difference to keep them from looking monotonous.

Any style of dance is acceptable in floor exercises. The style you choose should fit the gymnast's personality. This is important if you want her to be comfortable with her performance. She needs to feel that her floor routine is an extension of herself. If she feels comfortable expressing the movement, she will give a better performance. Usually the beginner has not had much experience with

dance, but if you allow her to play with the movements you will be surprised at the creativity she may bring to the choreography.

Be open to her suggestions and likes and dislikes of the movement. Give her the opportunity to express herself. You may need to alter her movements somewhat, but giving her the opportunity to help with the choreography makes her feel that her routine is "special." The style of dance will be influenced by the choice of the music. The two should be complementary.

How To Help Your Gymnast Score Well

Floor exercise is difficult event to do well. It takes a great deal of training to be able to tumble and dance respectably well. If you spend time in training the basics of both tumbling and dance, and if you choreograph the routine to your gymnast's ability level, she will have a head start on this event.

Another area that might help your gymnast to achieve a good score is the whole area of confidence. A gymnast must present herself with confidence in the gymnastics arena. A coach can help to instill this confidence with positive feedback. It is important for the coach to encourage the gymnast to perform her routine as though she is telling a story or expressing her innermost feelings. Just going through the motions of the dance is not enough. She must

be able to give the movements "life." Her energy level and expression are crucial parts of the success of her performance. When your gymnast does begin to express herself through her movements, be sure to reward her with positive reinforcement. She needs to know when she has given a good performance. This will help her to continue to develop the ability to express herself through motion.

One of the most common errors of the beginning gymnast on floor is that she tends to look at her feet or the floor throughout her routine. When you choreograph a routine, give the gymnast specific head positions to accent the musical phrases. This will help to give the gymnast an understanding of the importance of focus in her performance. A general rule to keep in mind is to have the focus follow the arm movement. Using a variety of head positions will enhance the performance of her routine. Oftentimes the beginner becomes more nervous during her performance when she sees the judges. If she avoids direct eye contact by looking slightly over their heads, she will keep her eyes off her feet and lessen her nervous feelings.

Many times it helps the beginning gymnast to perform her floor routine in a demonstration or exhibition setting. If she does not have the worry about how she will score, she will be less nervous. Audiences generally respond positively to performances, and this helps to instill confidence in the gymnast before

placing her in front of the judges.

Review

Remember that it is important to involve the gymnast in the choice of music. Try pre-selecting several pieces of music that will fit the requirements for a floor routine and then allow her to choose which one will be used. Guide her choice and try to lead her away from popular music. Choose music that fits the gymnast's personality and will make her routine unique.

Study the structure of the floor routine. Write down your plan for the routine using a format that will help you to organize the requirements and time elements. Be sure to read the current judge's code book before attempting any choreography.

Keep the gymnast's movement simple. Be aware that she needs a "recovery" period of time after each tumbling pass, as well as a "preparatory" period of time before each pass. Try to make these "corner" movements as interesting as possible. Choreograph the routine to fit the style and ability of the gymnast. Allow your gymnast to take a part in creating the movement she will eventually perform. Try to fulfill the requirements without exhausting the gymnast in the process.

Remember to give your gymnast positive feedback. Allow her ample opportunity to practice her performance before placing her into the competitive arena.

A Choreographer's Chart

Gymnast's Name:

Tumbling Passes:

Degree of Difficulty

1. list the pass . . . list
A,B,C's here

2.

3.

Dance Skills:

1. list skills she
performs

well . . . list A,B,C's
here

2.

3.

4.

5.

etc

Specific

Requirements:

1. (example leap pass,
salto, etc.)

2.

3.

etc.

Time Structure:

1. Introduction

2. First Tumbling Pass

3. Short Dance

Section

4. Second Tumbling

Pass

5. Long Dance Section

6. Third Tumbling

Pass

7. Short Ending

Phrase

Floor Pattern:

Diagram the path of
the floor routine

PASSPORT TO THE FUTURE



Charles Lake flew to his best finish ever at the Championships by placing a distant second to winner Scott Johnson. Although he performed well, Lakes promised his best competitions are yet to come. (USCIB photo © 1987, by Dave Black)

By Mike Botkin

Destination Indianapolis, Indiana. Destination Rotterdam, the Netherlands. Destination Seoul, South Korea.

Vacation spots across the world. All requiring passports, luggage checks, airline tickets and customs. Even though at first glance, these three cities may not have that much in common to the casual traveler, to gymnasts throughout the country, getting to these faraway places has been a major objective for years.

For every athlete competing in the 1987 McDonald's U.S. Gymnastics Championships, their airline ticket into Kansas City, June 18-21, was transformed into a passport. For the remainder of 1987 and the entirety of 1988, those who passed this challenge would become part of a select group—the group from which the representatives for the United States team would be selected to participate in three of the largest sporting events ever to be linked together by such a short span of time.

These Championships, more than any other in the past four years, were significant because they marked the beginning of a very im-

portant series of competitions for the United States. At the 1983 Championships in Jacksonville, Florida, and again in 1984 in Evanston, Illinois, there was a different feeling because those who would compete on the Olympic team were already household names. There was no suspense. The only suspense was the order in which they would compete.

Coming into Kansas City, the field was not so set, the competitors not as strong and the future not as bright.

The pressure to perform well in the Pan American Games, the World Championships and ultimately the Olympics will feel like building blocks on the shoulders of the new national team members. Month by month it will increase.

Unlike the magic of 1964, when the United States had nothing to lose and everything to gain, and when winning, or even placing, was a new experience, these three competitions will have a significant and immediate impact on the sport of gymnastics. The pressure to perform has not come from the gymnasts themselves, it has been placed on them by those looking for a repeat performance of Los Angeles.

National attention is being paid to programs that have been, and still are, in the rebuilding stages. Performances that used to be swept

under the carpet are now getting closer scrutiny. This is the price success brings.

So in Kansas City, much more than a national championships took place. The people chosen for the national team are more than national team members, they have become contenders. Players in a very important game for the entire gymnastics community. One that they, for the sake of the sport, cannot afford to lose. A game that is truly the passport to the future.

When Scott Johnson and Kristie Phillips checked into Kansas City, they were the odds-on favorites to take away the top individual honors. In this competition, injuries reduced the number of top-flight competitors for the men more than for the women. Top-runners Brian Giesberg, who was figured to give Johnson his closest competition, Brian Roback, Dan and Dennis Hayden, and Phil Cahay had all scratched due to a vast array of ailments.

While Phillips was warming up for her first senior championships, Phoebe Mills was in Chicago visiting the Chicago Bears' trainer, and Don Yamashiro was still at home in Southern California. Mills' heel was her problem and Yamashiro, who looked

great in the American Classic finishing second to Melissa Marlowe, suffered a back injury for which she underwent surgery and will be sidelined until late August.

With the weight of his gold medal still a foreign feeling around his neck, Johnson said he felt numbed by the whole experience of being "national champ." "I am really psyched," he said. "I'm sure I will feel different tomorrow when all of this has a chance to set in. Next to winning the Olympic gold medal, this is my greatest thrill."

After receiving a peck on the cheek from his wife Lori, and a hearty handshake from his coaches Francis Allen and Jim Howard, Johnson was consumed in a wave of journalists. Some of the first words out of his mouth were concerning the USA team. "We need to do a helluva lot of work. But we will be spending a lot of time together at training camps and that's what we need." Johnson is now the sixth, and final,

member of the 1984 Olympic squad to become national champion.

By winning the national championship, Phillips released herself from an abundance of pressure. "She was under great stress," said coach Bela Karolyi. "Not from herself so much, but from those around her who expected her to win all along." Her thoughts, too, were on the team that had just been formulated. "I think we will have a great team," she said. "Sure I'm happy about winning the all-around title, but I'm more excited about the team."

Men's Competition

The battle for the men's title was all but over after the compulsory round. Nearest to the streaking Johnson was Charles Lakes who, by his own admission, wasn't in top condition for this meet. "I have calculated my training so that I wouldn't peak for this meet. Everything I do is geared towards the World Championships. I know I could make the

team and that's important here," said Lakes.

Johnson's excellent compulseries really proved he was the strongest gymnast in this meet. He had a high of 9.80 on high bar with a low of 9.30 on vault. But one impressive score was his 9.65 for rings. That was the highest rings score of the day and one of only six 9.60 or better out of the top 20 competitors. This indicates a lack of strength which must be addressed immediately if the United States hopes to fare well in international competitions.

If there were any doubts as to who the winner would be, Johnson dispelled those theories during optionals. With Tim Daggett giving Lakes a run for his money for second, Johnson assured himself the title when he performed another strong rings routine scoring 9.85. That, coupled with Daggett's 9.20 rings score, gave the former University of Nebraska star an insurmountable lead of over two points with two events remaining.

Johnson had the chance to charge to the victor's stand, had he completed his triple back high bar dismount. But, as he has done in the past, he over-rotated and fell, his only miscue of the competition. "I have done that dismount successfully more than I

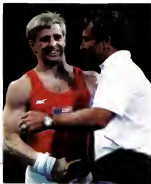
Scott Johnson receives a hearty handshake from coach Jim Howard after winning the all-around title. Johnson became the sixth Olympian off the 1984 team to win the national championship. (USGF photo © 1987, by Dave Black)



Tim Daggett's spirit was evident in every routine he performed. Coming off a neck injury, Daggett, who didn't want any "free rides," worked his way to a third place finish. (USGF photo © 1987, by Dave Black)

have missed it," said Johnson. "The only time I haven't hit has been the times the events have been televised nationally, so everybody thinks I fall all the time."

But, this time was different because his lead was so large that the 9.30 score did not hurt him. All it did was to shorten the distance between him and Lakes. "I think I'll reevaluate my high bar routine. I might add another release move in the middle and not do the triple back. It might be too risky."



Something must be said about the courage of a certain athlete competing in this championships. Coming in as the defending champion, Daggett saw his competitive career flash before his eyes several months ago when he suffered an injury after a nasty fall while practicing his high bar set. With all of the grit and determination of a true champion, Daggett worked his way back from this injury with the goal of just competing in this meet. "I don't want any free rides," said Daggett. "I needed to be here, I needed to feel the pressure. I could have petitioned into this meet, but that wouldn't have done me any good. Besides, I would want the champion here (as I could) knock him off."

Although Daggett hasn't regained all of his

strength, he did look improved in an area that had been weak for him—floor. Both floor routines were solid and he finished his double back high. He didn't flinch when he came up to the high bar either, completing his optional routine in style for a 9.75. "It's not a fear," said Daggett about the high bar, "it's a definite respect of the apparatus. If I had a fear, I would have to retire."

After the compulsory round, 1987 NCAA all-around champion, Tom Schliepinger of Nebraska, couldn't be consoled. With his face buried into his warm-up, a dejected gymnast walked alone out of Kemper Arena, sunk into 17th place. During optionals, he proved why he is considered one of the best young gymnasts in the country scoring a



Bart Conner embraces Scott Johnson who was awarded the Bart Conner Scholarship For Enduring Excellence during the McDonald's U.S. Gymnastics Championships. Johnson follows 1986 winner Brian Rabeck as a recipient of this award. (USGF photo © 1987, by Dave Black)

57.40, 10 off the pace set by Johnson to raise himself into sixth place. He did this with a parallel bare routine which scored 9.80 and a high bar routine good for a 9.85. It was his high bar routine during compulsories (8.60) which was his lowest score.

While everyone was watching Johnson run away with the meet, Kevin Davis, also of the University of Nebraska, snuck into fourth position with a very steady meet. Nothing flamboyant, Davis used steady scores to put together his best finish ever in the National Championships. Mike Rie, of the University of Oklahoma, was another whose consistency was the key to his fifth-place showing.



Trent Dimas never said die even though his compulsory round didn't turn out like he had planned. His determination got him a silver medal on high bar and great self-satisfaction.

It's Never Over. . .

By Mike Rothkin

The life and death of many competitive gymnasts comes in the compulsory round. For Trent Dimas, of Gold Cup Gymnastics, it proved to be his Waterloo. "That was the worst compulsory session I've ever had. All of that hard work, down the drain," said Dimas. "My goal was to make the top 18."

Dimas, and his brother Ted, got into gymnastics at the same time. "He (Ted) was 10 years old and I was eight," he recalled. "We are closer than brothers, we're almost like twins, so he got really worried when he couldn't cheer me up (after compulsory)."

In stepped coach Ed Burch. Dimas is one of the many rising talents in the Gold Cup Gym and a pep talk was needed to turn this disheartening setback into a positive situation. "My coach told me it's like meet's never over until the last event. He said that I had six more events and I should go out and show people I don't give up," he said, adding, "All I wanted to do was cry."

But his mentor's words soaked through that evening and, during the optional round, a renewed Dimas attacked the competition. "I came in to do my very best. My concentration was all there today." Even though his concentration was good, Dimas struggled through his first

couple of events. An 8.80 floor routine and an 8.95 on pommel horse were scored before all began to click. With rings (9.10), vault (9.25) and parallel bars (9.30), the concentration steadily produced better results. He was getting back into the groove.

Stepping up to the last event, high bar, Dimas remembered what his coach had told him prior to the optional competition. "Coach always says that the last event needs to be the best. Even if you start out bad, you can finish like a million bucks." So with the determination to go out a winner, and his back back in his hands, Dimas put together a very emotional routine which ended with him staking his triple back dismount. Upon landing, with fists thrust

through with a very strong compulsory round and could have pressed Phillips except for a fall off beam which secured her in second place.

After nursing a back injury for the past year, Sabrina Mar was back into the competitive circle again. According to her coach Don Peters, she almost had to scratch from this meet. "She hasn't missed a day of practice because of her chronic bad back for a year. Then, a week before Championships, she sprained it again. It hurt so bad we considered scratching her, but she wanted to go and we thought we would let her," said Peters.

"Oh, believe me, it hurt," said Mar after placing third all-around. "I lost some of my flexibility, and I didn't practice, so I would be able to com-

pete." Her injury was evident on her optional floor routine where she scored a 9.05 but still managed to hang on to third ahead of Hope Solyev.

Kelly Garrison-Stevens has returned to the form which took her to a second-place finish in the 1985 McDonald's Championships. After winning the NCAA all-around title earlier this year, and setting a new NCAA record in a dual meet, Garrison-Stevens used consistency to plant her in fifth place.

Perfection was achieved twice in this meet as Phillips and fellow Karolyi teammate Rhonda Faithn scored

Kristie Phillips re-lived herself of great pressure by winning the all-around title. Although she is very excited about her teammates, Phillips did admit it was nice to be the national champ. (USCF photo © 1987, by Don Black)

Women's Competition

In her first senior championships, Phillips proved that her winning of the McDonald's American Cup and the McDonald's Challenge USA/USSR was no fluke by picking up her first national title. She became Bela Karolyi's third national champ behind Diane Durham and Mary Lou Retton.

But there were many other very talented gymnasts there, as the women are deeper in talent than their male counterparts. Melissa Marlowe, who performed "the worst ever" in the 1986 Championships, came

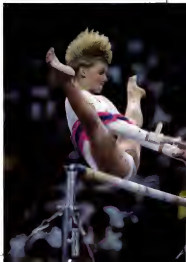
into the air, he knew he had made a great comeback. "That was the best act I have ever done in my life," said Dumas. For this act he received a 9.85 mark and a trip into the individual event finals.

The finals were a bonus for the high school junior-to-be, as he didn't make the national team. He had a tough act to follow, 1986 high bar champion David Morel of UCLA, but his goal to prove himself was strong. There was great pressure in the air after Morel's stellar act of 9.935. Dumas took several deep breaths and figured it was his time to shine, to retortiate for some of the hurt caused by his poor compulsory round. Busting youth and inexperience, he performed his

routine even better than he had in optional finals.

As the crowd roared its approval of the 9.90 score, Dumas yelled, then embraced his exultant coach. It looked like he won the national title, when in actuality what he won was something more important. He won back his self-respect, his pride and the knowledge that he can become a winner despite a poor initial performance.

His presence on the awards stand, sandwiched between gold medalist Morel and bronze medalist and Olympian Tim Duggatt, proved to everyone that at no time should you give up. His efforts also landed him a spot on the Senior Elite Men's Developmental Squad. It also proved that the old saying is true—it's never over 'till it's over.





In a leopard designed especially for the cat lover, Hope Spivey used her flair to place fourth all-around. (USGF photo © 1987, by Dave Black)

10:00 for their roundoff entry layout tumblers with a full twist vault. Phillips performed this vault for the first time during the USA/USSR meet and scored a 9.85.

Stacey Gumborpe, who had been out of competition due to injury, reemerged as a member of SCATS to finish seventh. Defending champion Jennifer Sey outscored her winning total of last year by .10 with a 74.50 which was good enough this year for eighth place. An 8.80 on uneven bars hindered her attempt at defending her championship.

Kim Masters, one of the five local Kansas City gymnasts in the meet, had a good performance as options to pull herself to ninth place just ahead of Lisa Ponzarini of Parkettes.

Event Finals

Johnson and John Sweeney came away from the event finals with two golds each, and each was satisfied with his performance. "This is better than I anticipated," said Sweeney. "My main goal was to make the national team. I'm 23 now and out of college, so it was do or die. It would have been hard to continue." Sweeney won his gold medals in floor exercise with a stellar 9.85 finals routine and on vault.

Johnson wanted to do better for a different reason. "I wanted to show people that Scott Johnson was still a tough competitor, that he's just not

hanging on. I felt like I accomplished that this weekend." One of Johnson's gold medals came for rings, an event he dominated the entire competition. "I wanted to win rings. That is my most consistent event and it's probably the one where I have the best chance at winning a medal in the Olympics," he said. His other gold came for his 9.90 performance on parallel bars.

Despite the weakness still bothering Daggett, he managed to put together a 9.775 routine on pommel horse to take the gold on that event. "This is the hardest pommel horse routine I have ever done," said Daggett. "I am very satisfied with my performance. My strength will come back and I'll be ready to compete in the Pan Am Games."

In probably the most exciting portion of

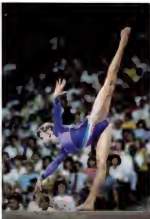


David Moriel set the stage for the dramatic finish to the high bar competition by receiving the highest score awarded to a male competitor during the whole competition, a 9.925. He is greeted by his coach Art Sharlock after his excellent routine. (USGF photo © 1987, by Dave Black)

the finals competition, David Moriel of UCLA defended his national high bar title against a strong effort from Trent Dimas and Daggett. Moriel was first up and hit his routine cold for a 9.925, the highest score of the competition for the men. Next came Dimas, who performed his routine better than in all-around finals, scoring a 9.80. With Daggett up last, you could see the pressure to perform with the two youthful gymnasts etched upon his face. He proved he could withstand the pressure by completing a 9.80 routine to take the bronze medal.

On the women's side, Phillips won the two events for which she is becoming famous: floor exercise and balance beam. She did so with a 9.80 finals score on beam and a 9.65 on floor. Fahn, probably one of the most powerful female gymnasts in the country, captured her only gold medal on vault, narrowly defeating Phillips followed closely by Joyce Walthorn and Hope Spivey.

Marlowe continued with her excellent meet as she won the gold medal on balance beam with a sparkling 9.80 routine. This was good enough to defeat Mar, Michelle Dussenne and Phillips.



After suffering through her worst competition ever in the 1986 Championships, Melissa Marlowe came through with flying colors, placing second all-around in the 1987 Championships. (USGF photo © 1987, by Dave Black)

Juniors' Competition

There is a trio of talent in the junior ranks that will add greatly to the depth of the program, as Brandy Johnson, Chelle Stack and Juliette Bangarter all led the competition at one point.

Johnson, of Brown's Gymnastics in Florida, who has been winning every competition she has entered, looked strong while holding off a serious threat by Stack, Karolyi's newest charge. Johnson survived despite a 8.95 on beam with optional scores of 9.60 on vault and floor and 9.70 on uneven bars. Stack, who was hampered slightly by a hamstring pull, suffered a 8.60 on compulsory beam from which she could never recover.

After compulsories, Bangarter led the field, but the Desert Devil gymnast suffered a 8.95 on vault and a 9.00 on beam which shoved her into third. Local gymnast, Karen Tierney of Great American Gymnastics Express, scored a 9.50 on vault to help get her into fourth place.



Brandy Johnson held off a determined Chelle Stack to take the all-around title in the Junior competition. Johnson, who hails from Brown's Gymnastics in Florida, has been a dominant force in junior competitions all year. (USGF photo © 1987, by Dave Black)

Men's Results

Individual Scores

Place	Name	Floor	Horizontal	Rings	Vault	Bar	High Bar	Total
1 Scott Johnson								
<i>Independent</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	67.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	67.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	134.00
2 Charles Lakin								
<i>California Inst.</i>								
	Comp.	9.40	9.50	9.50	9.50	9.50	9.50	66.90
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	18.90	19.00	19.00	19.00	19.00	19.00	132.90
3 Tim Daggett								
<i>USLA</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
4 Kevin Davis								
<i>State of Nebraska</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
5 Mike Rice								
<i>State of Oklahoma</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
6 Tom Schneider								
<i>State of Nebraska</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
7 Craig Edmonds								
<i>USLA</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
8 Robert Brown								
<i>State of Minnesota</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
9 Joe Grant								
<i>Western Sports Center</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
10 Billy Paul								
<i>Independent</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
11 John Ramsey								
<i>Western Sports Center</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00
12 David Mevick								
<i>USLA</i>								
	Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
	Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

13 One Exercise

Barings

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

14 One Exercise

Free Rings

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

15 One Exercise

Horizontal Bar

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

16 One Exercise

Independent

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

17 One Exercise

USLA

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

18 One Exercise

Calculus

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

19 One Exercise

State of Nebraska

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

20 One Exercise

Gold Cup

Comp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Exp.	9.50	9.50	9.50	9.50	9.50	9.50	66.00
Total	19.00	19.00	19.00	19.00	19.00	19.00	132.00

Men's Finals

Floor Exercise

Place	Name	Points	Final	Total
1	Johnson	9.50	9.50	19.00
2	Johnson	9.50	9.50	19.00
3	Rice	9.50	9.50	19.00
4	Daggett	9.50	9.50	19.00
5	Schneider	9.50	9.50	19.00
6	Brown	9.50	9.50	19.00

Still Rings

Place	Name	Points	Final	Total
1	Johnson	9.50	9.50	19.00
2	Lakin	9.50	9.50	19.00
3	Daggett	9.50	9.50	19.00
4	Schneider	9.50	9.50	19.00
5	Edmonds	9.50	9.50	19.00
6	Rice	9.50	9.50	19.00

Horizontal Bar

Place	Name	Points	Final	Total
1	Daggett	9.50	9.50	19.00
2	Johnson	9.50	9.50	19.00
3	Edmonds	9.50	9.50	19.00
4	Brown	9.50	9.50	19.00
5	Lakin	9.50	9.50	19.00
6	Rice	9.50	9.50	19.00

Vault

Place	Name	Points	Final	Total
1	Johnson	9.50	9.50	19.00
2	Schneider	9.50	9.50	19.00
3	Edmonds	9.50	9.50	19.00
4	Johnson	9.50	9.50	19.00
5	Lakin	9.50	9.50	19.00
6	Rice	9.50	9.50	19.00

Parallels Bars

Place	Name	Prelim	Final	Total
1	Johnson	9.500	9.500	19.000
2	Brinkmeyer	9.000	9.500	18.500
3	Smith	9.000	9.075	18.075
4	Lake	9.000	9.000	18.000
5	McDonald	8.750	9.000	18.750
6	Moore	8.750	9.100	18.850

Horizontal Bar

Place	Name	Prelim	Final	Total
1	Moore	9.500	9.500	19.000
2	Thomas	9.250	9.500	18.750
3	Chapman	9.000	9.000	18.000
4	Johnson	8.500	9.000	18.000
5	Lake	8.500	9.750	18.250
6	Smith	8.500	9.000	17.500

1. Jennifer Day

Performance	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.75	9.50	9.50	9.50	9.50	9.50
Total	19.25	19.00	19.00	19.00	19.00	19.00

1. Kim Madsen

Special American	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

10. Lisa Peterson

Performance	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Robin Carter

U.S. Area Sports	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

12. Michelle Dumas

Score	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Julie Green

U.S. Area Sports	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Cheryl Smith

Special American	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Tracy Collins

Performance	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Tracy Peterson

Karolyi's	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

17. Katherine Holbrook

Queen City Gym	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Dana Dumas

State Whitcomb	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Heidi Knapp

State	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

11. Joyce Williams

Washington	Comp.	Opt.	Comp.	Opt.	Comp.	Opt.
Comp.	9.50	9.50	9.50	9.50	9.50	9.50
Opt.	9.50	9.50	9.50	9.50	9.50	9.50
Total	19.00	19.00	19.00	19.00	19.00	19.00

Women's Results

(Weighted ... Comp. 60% / Opt. 40%)

Individual Scores

Place	Name	Vault	Bars	Beam	Floor	All Around
1	Michelle Phillips					
	Karolyi's					
	Comp.	9.50	9.50	9.50	9.50	38.00
	Opt.	9.50	9.50	9.50	9.50	38.00
	Total	19.00	19.00	19.00	19.00	76.00
2	Malissa Marlowe					
	Rocky Mountain					
	Comp.	9.50	9.50	9.50	9.50	38.00
	Opt.	9.50	9.50	9.50	9.50	38.00
	Total	19.00	19.00	19.00	19.00	76.00
3	Christina Roe					
	State					
	Comp.	9.50	9.50	9.50	9.50	38.00
	Opt.	9.50	9.50	9.50	9.50	38.00
	Total	19.00	19.00	19.00	19.00	76.00
4	Heidi Knapp					
	Performance					
	Comp.	9.50	9.50	9.50	9.50	38.00
	Opt.	9.50	9.50	9.50	9.50	38.00
	Total	19.00	19.00	19.00	19.00	76.00
5	E. E. Gardner Smith					
	State of Oklahoma					
	Comp.	9.50	9.50	9.50	9.50	38.00
	Opt.	9.50	9.50	9.50	9.50	38.00
	Total	19.00	19.00	19.00	19.00	76.00
6	Michelle Smith					
	Karolyi's					
	Comp.	9.50	9.50	9.50	9.50	38.00
	Opt.	9.50	9.50	9.50	9.50	38.00
	Total	19.00	19.00	19.00	19.00	76.00
7	Heidi Knapp					
	State					
	Comp.	9.50	9.50	9.50	9.50	38.00
	Opt.	9.50	9.50	9.50	9.50	38.00
	Total	19.00	19.00	19.00	19.00	76.00

Women's Finals

Balance Beam

Place	Name	Prelin.	Final	Total
1	Phillips	1.050	0.900	19.475
2	Charmine-Stevens	1.075	0.800	19.475
3	Mullins	1.000	0.900	19.300
4	Cotnam	1.075	0.875	19.450
5	Day	1.075	0.800	19.400
6	Spivey	1.075	0.750	19.400

Vault

Place	Name	Prelin.	Final	Total
1	Phillips	1.050	0.900	19.450
2	Phillips	1.025	0.925	19.450
3	Williams	0.975	0.750	19.400
4	Spivey	1.000	0.750	19.400
5	Young	0.750	0.800	19.350
6	Baylory	0.900	0.300	19.350

Floor Exercise

Place	Name	Prelin.	Final	Total
1	Phillips	1.000	0.900	19.500
2	Goodenough	1.000	0.750	19.500
3	Spivey	1.075	0.800	19.175
4	Williams	1.000	0.800	19.000
5	Krupp	1.000	0.800	19.000
6	Mullins	1.075	0.475	19.500

Uneven Bars

Place	Name	Prelin.	Final	Total
1	Mullins	0.900	0.900	19.400
2	Day	0.875	0.800	19.125
3	Charmine	0.475	0.625	19.100
4	Phillips	0.900	0.500	19.100
5	Goodenough	0.825	0.800	19.075
6	Charmine-Stevens	0.475	0.100	19.000

Sabrina Mar got back into competition with style taking third place all-around. Although hampered by a strained back, she endured the pain to put together six healthy routines. (USGF photo © 1987, by Dave Black)

Junior's Results (Weighted ... Comp: 60% / Opt. 40%)

Individual Scores

All-Around Scores						All-Around	All-Around Scores							
Place	Name	Vault	Bars	Beam	Floor	Average	1 Tim Browder Barby's	2 Kim Kelly Piedmont	10 Susan Wells Great American	11 Michaela Stone Piedmont	12 Elizabeth Crowell Golden Gate	13 Tamara Dufford Barby's	14 Megan Padden Rocky Mountain	
1	Becky Johnson Brown's	Comp.	0.90	0.90	0.80	0.40	19.00	Comp.	0.70	0.70	0.80	0.70	0.60	19.50
		Opt.	0.80	0.70	0.80	0.40	19.00	Opt.	0.60	0.60	0.70	0.60	0.50	19.00
		Total	18.20	18.20	18.20	18.20	74.40	Total	13.60	13.60	15.50	13.40	13.40	73.00
2	Chelle Black Barby's	Comp.	0.80	0.80	0.80	0.40	19.00	Comp.	0.70	0.70	0.80	0.70	0.60	19.20
		Opt.	0.60	0.60	0.70	0.30	17.40	Opt.	0.60	0.60	0.70	0.60	0.50	18.40
		Total	18.00	18.40	17.50	18.40	74.30	Total	13.60	13.60	15.50	13.40	13.40	72.10
3	Alicia Hargrove Brown's	Comp.	0.70	0.70	0.70	0.30	19.00	Comp.	0.70	0.70	0.80	0.70	0.60	19.50
		Opt.	0.70	0.70	0.70	0.30	19.00	Opt.	0.60	0.60	0.70	0.60	0.50	19.00
		Total	18.00	18.40	17.50	18.40	74.30	Total	13.60	13.60	15.50	13.40	13.40	73.00
4	Karen Timney Great American	Comp.	0.60	0.60	0.60	0.30	19.00	Comp.	0.70	0.70	0.80	0.70	0.60	19.50
		Opt.	0.60	0.60	0.60	0.30	19.00	Opt.	0.60	0.60	0.70	0.60	0.50	19.00
		Total	18.20	18.20	17.50	18.40	74.30	Total	13.60	13.60	15.50	13.40	13.40	73.00
5	Wendy Wells Opportunity West	Comp.	0.60	0.60	0.60	0.30	19.00	Comp.	0.70	0.70	0.80	0.70	0.60	19.50
		Opt.	0.60	0.60	0.60	0.30	19.00	Opt.	0.60	0.60	0.70	0.60	0.50	19.00
		Total	18.20	18.20	17.50	18.40	74.30	Total	13.60	13.60	15.50	13.40	13.40	73.00
6	Wendy Stone Brown's	Comp.	0.60	0.60	0.60	0.30	19.00	Comp.	0.70	0.70	0.80	0.70	0.60	19.50
		Opt.	0.60	0.60	0.60	0.30	19.00	Opt.	0.60	0.60	0.70	0.60	0.50	19.00
		Total	18.20	18.20	17.50	18.40	74.30	Total	13.60	13.60	15.50	13.40	13.40	73.00
7	Heidi Fugate Rite	Comp.	0.60	0.60	0.60	0.30	19.00	Comp.	0.70	0.70	0.80	0.70	0.60	19.50
		Opt.	0.60	0.60	0.60	0.30	19.00	Opt.	0.60	0.60	0.70	0.60	0.50	19.00
		Total	18.20	18.20	17.50	18.40	74.30	Total	13.60	13.60	15.50	13.40	13.40	73.00

16 Elite Medalist

Paige Bond

Comp.	9.80	9.80	9.80	9.75	39.20
Dis.	9.80	9.80	9.80	9.75	39.20
Total	19.60	19.60	19.60	19.50	78.00

17 Junior Elite

Lu Peters

Comp.	9.80	9.80	9.75	9.75	39.10
Dis.	9.80	9.80	9.75	9.75	39.10
Total	19.60	19.60	19.50	19.50	78.20

18 Adult Senior

Barbara Morrison

Comp.	9.80	9.80	9.75	9.75	39.10
Dis.	9.80	9.80	9.75	9.75	39.10
Total	19.60	19.60	19.50	19.50	78.20

19 Adult Senior

Barbara Morrison

Comp.	9.80	9.80	9.75	9.75	39.10
Dis.	9.80	9.80	9.75	9.75	39.10
Total	19.60	19.60	19.50	19.50	78.20

20 Adult Senior

Barbara Morrison

Comp.	9.80	9.80	9.75	9.75	39.10
Dis.	9.80	9.80	9.75	9.75	39.10
Total	19.60	19.60	19.50	19.50	78.20

21 Adult Senior

Barbara Morrison

Comp.	9.80	9.80	9.75	9.75	39.10
Dis.	9.80	9.80	9.75	9.75	39.10
Total	19.60	19.60	19.50	19.50	78.20



Chelle Stock, a gymnast her coach Bela Karolyi is very high on, couldn't quite overtake Brandy Johnson for the all-around title, placing second. (USOGF photo © 1987, by Dave Stock)

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HER SIGHTS ARE ON 1996

By Tom Cain

Jacksonville's All American Gymnastics is on a uphill poked with a stick. In one corner of the gym, a pretty girl in her late teens toposes silently on the balance beam. On the mat next to the beam, a 10-year-old boy flings his legs skyward into a shaky handstand. A group of high school cheerleaders works on tumbling routines at the other end of the mat. Little, big and in-between-sized gymnasts are in motion everywhere.

In the midst of the activity, a tiny girl with pigtails wrapped in pink ribbons is oblivious to it all. She swings effortlessly into a handstand on the uneven parallel bars, drops lightly to the floor and heads immediately for a handful of chalk. The procedure is repeated continually for 30 minutes.

The pigtails belong to 7-year-old Lenna Aptukh. It takes strength and hard work for Lenna, barely 4 feet tall, to do one pull-up on the uneven parallel bars, much less spring into a handstand 8 feet off the ground.

Strength, hard work and one other quality are what make the Jacksonville youngster potentially the best gymnast All American Gymnastics has ever produced. And a candidate for the 1996 Olympics, according to the gym's owner.

"She is ungodly strong," D.J. Milom, owner with Ann Perry of All American, said. "Her body-weight-to-strength ratio is excellent. Lanna is also a very intense worker. She demands that of herself. You can tell her and two other kids that you want them to do 30 cast hands on the bars. The other kids may do 23 and say they did 30. Lanna will do 30 and be ready for more."

"The thing is, she doesn't seem to rattle," said Milom. "There are lots of kids who are closet gymnasts. They are a done-a-dance. These kids can do a handstand on the beam 512 times, but you put them in front of four judges and 300 spectators and they hit their fanny and fall off. I've seen kids totally panic, freak out. It doesn't effect the machine (Lanna). She is able to turn it off or completely shut it out. That's nice. If Lanna is still around, we'll have a shot at the 1996 Olympics."

Milom compares Agiusukh favorably with Jennifer Barton, an alumna of All American Gymnastics, who has competed at the prestigious Churnin Cup in Japan and other international gymnastics meets. Barton is currently training in California, with Don Peters, the 1984 U.S. Women's Olympic coach.

Agiusukh is more advanced than Barton was at a similar age, according to Milom. Special praise for a little girl who is only in second grade, Lanna Agiusukh, however, isn't your typical second-grader.

Obitilda Agiusukh, Lanna's mother, is proud of her daughter. A mother's pride is obvious as she sits on the floor of her home turning the pages of a photo album which chronicles Lanna's gymnastics accomplishments.

"The Great Gymnast-Lanna Agiusukh-Born June 10, 1979." These words are written in elaborate script on a sheet of notebook paper at the front of the book.

Blue, red, yellow, and green ribbons dangle from the pages of the album. A blue first-place ribbon proclaims All-Around First Place, Daytona Beach, October 25-26. A red one is for second place at the Gold Coast Invitational in Lake Worth, Florida. Greens and yellows represent high finishes in local, as well as state, gymnastics events. The ribbons are the athletic booty from every gymnastics meet Lanna has participated in. The album is filled with them.

It's also filled with snapshots of Lanna in action. In one, she is on the balance beam standing on one leg. The next picture shows her supporting her body with two hands during floor exercise. In another, Lanna, pigtails flying, swings into a handstand on the uneven bars. Two themes are recurrent in the photos of Lanna: Concentration, and the joy of a small girl doing something she loves.

Gymnastics isn't the only thing Lanna does well. A letter from the area superintendent of Duval County Schools is tucked between the ribbons and photographs.

"Congratulations to Lanna Agiusukh for getting straight A's again," reads a line from the letter. Lanna attends Parkwood Heights Elementary.

"She means business when she works no matter what it is, Gymnastics or school, she knows that is serious," said her mother. "Lanna comes home and does her homework before she goes to the gym. I don't have to tell her to do it. My husband and I were brought up to obey and listen to our parents. I think Lanna has picked that up. We hardly ever have to discipline her. She is a very easy person to raise. We always get nice compliments about her whether it's at school or at a meet."

The Agiusukhs, with husband Victor an architect, are natives of Thailand. Exchange students, they met and were married in Hawaii. Lanna was interested in gymnastics at age 2 after watching her brother Jade, 10, take gymnastics classes. His instructor referred Lanna to All American Gymnastics two years ago.

Milom is glad she did. "She outweighed an extreme amount of talent. She has funneled a lot of children to us once she realizes their potential. The instructor called and said she had this kid who is really hot. The first day of class, Lanna was doing forward straddle

rolls with the rest of her little group. She then started doing straddles into handstands. She has been exceptional since day one."

Blue Helm has been Lanna's coach for the last six months. Milom credits Helm with developing training techniques especially in the area of handstands.

Helm doesn't mince any words when speaking of his student. "From a coaching standpoint, I've never worked with a more talented individual. In addition to the talent, she is very diligent in her work habits and very intelligent. Lanna can do three times the amount of work in two hours that most people have to cram into six. She is just a pleasant child to be around. Lanna is a talented athlete but she is also a little girl. She has dolls that she likes to play with. When it's time to work, though, she's ready."

The site for the 1996 Olympics hasn't yet been determined. But a purported 7-year-old who makes straight A's is determined to make her dream come true.

Lanna Agiusukh was asked what her goal was. "I want to be rich in gymnastics and build a mansion so that we can all live together."

The '96 Olympics are a long way off. Many young gymnastic prodigies burn themselves out on the road to stardom. The odds are against the tiny gymnast from All American. Don't bet against that "mansion," though. Blue Helm isn't. "I think she can make it to the Olympics. Lanna is one in a million."

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Barlow, Inc. Enters Retail Market

Al Jacobson, President of Barlow, Inc., announced that the company, after several years of being successful in the distribution of the patented support products to the medical, chiropractic and mail order areas, will now be entering retail, sporting good and athletic stores throughout the country through an aggressive retail emphasis.

"Being one of the few manufacturers that have three patented products, including the Barlow kneebrace, wrist and ankle supports, we feel we have a real advantage in the marketplace," stated Jacobson.

Available in the standard medical white, as well as the new fashion models, their knee support gives maximum lateral and knee cap support without metal, and takes shock but does not twist. The major feature is the soothing warmth provided for injured or arthritic joints. It has been used by thousands of recreationists, athletes, aerobic exercisers, doctors and others in its introduction.

Sporting goods, athletic/health and fitness stores interested in receiving retail information, are encouraged to write BARLOW, Inc., Dept. B115, 406 South Elm, Sandpoint, ID 83863, or call (208) 223-6949.



SPONSOR UPDATE

Gymcarolina Club Of The Month

USA GYMNASTICS, along with Dodge, are pleased to announce that Gymcarolina, a privately owned club with locations in Raleigh and Cary, North Carolina, has been selected as the July/August 1987 Club of The Month. With a current enrollment of 731, directors Christine Kennedy and Beth Hertz have as their highest level of competitor, Class II boys and girls.

Their achievements include a first place finish, Class IV team in the 1986 Harford, Maryland, Invitational. They also won the first place Class IV team title in the 1986 Eastern States Holiday Classic. In the 1986 State Meet in Charlotte, North Carolina, they placed

third in Class IV boys. In the 1987 McDonald's Gemini Cup in Tampa, Florida, their Class II girls' team placed fourth.

Creative ways in which they have used the Dodge promotional material include:

1. Dodge folders held programs and rotations for Class III State Girls Meet.

2. A Dodge banner was hung in the gym for all meets and clinics.

3. The Dodge banner was hung in the gym during a special clinic held February 13, 1987, with the Gymcarolina senior team and Tim Daggett, Brian Hobcock, and Dennis and Dan Hayden.

4. Two Dodge vans which Gymcarolina owns are used to transport day-care youngsters to the gym for classes, teams to meets, and students from



elementary schools to the gym for after-school classes; and both head directors and head coaches own personal cars purchased from Al Smith Dodge.

The addresses for the Gymcarolina clubs are Gymcarolina Gymnastics Academy, Inc., 1805 Running Oak Drive, Raleigh, NC 27613; and 1070 West Chatham Street, Cary, NC 27511, (919) 782-9772.



Dodge Assists In USGF State And Regional Directors Meeting

By Kathy Brown

Faces with names were finally put together when the men's state and regional directors traveled to Indianapolis—home of the U.S. Gymnastics Federation office—June 13-14 for 3 days of meetings on topics ranging from the new sanctioning procedure to the Dodge sponsorship.

The meetings with the USGF were the first-ever for the men's re-

gional and state directors and were made possible by the monies achieved through the Dodge sponsorship of the JCO program. The meetings were also made possible by the joint effort of USGF Executive Director Mike Jacks and USGF Men's Program Administrator Robert Cowan.

"It was a very beneficial meeting in that the state directors had an opportunity to meet each of the USGF staff members and learn about their jobs," Jacks said. "Now when they have a question, it will be more than a voice on the phone, it will be someone whom they've met who can help them solve their problem or answer their concerns. Perhaps most importantly, it was a great opportunity to discuss the major issues that face the different regions of our country. This communication is so essential in order to effect change and progress."

In addition to meeting each of the USGF staff members at an open house, the state directors learned more about the Dodge sponsorship and how to approach a local dealer for additional support. It was stressed that the dealer must be approached in a business-like fashion by pointing out the benefits of the involvement with a local gymnastics meet before asking for any monetary support.

The state directors also heard presentations on events, production, merchandising, athlete eligibility, safety certification and the membership and insurance programs.

"The meetings were very successful and informative, and I realized there was a lot of work being done to promote the sport," said Colorado Regional Director Ron Brant.

For Massachusetts Regional Director Tom Fontenache, "It was a pleasure to finally meet the office staff, and I don't mind being a volunteer when I know we have good people working for us."

1987 EUROPEAN CHAMPIONSHIPS

Silivas Upsets Soviets

By Minot Simons II

The 1987 European Championships were, as expected, exciting. Held in Moscow, May 21st through 24th, in the Olympic Sports Complex where the 1980 Olympics, the 1986 World Championships and the 1986 Goodwill Games were also held, featuring some

of the world's top men and women gymnasts; gathering together such celebrated names as Ludmilla Turishcheva and Nelli Kim, as judges, and Nadia Comaneci as an invited guest; and conducted by the newly formed European Gymnastics Union with all the ceremony appropriate for such an occasion, the championships lived up to their reputation as a major event.

The Championships Were Notable in Two Important Aspects:

The emergence of Romania's Daniela Silivas as an international star of the very highest order. Having previously won the gold medal on beam at the 1985 World Championships in Montreal and placed seventh all-around, she was second to Elena Shushunova in the 1986 World Cup in Beijing. In 1986 also, she won three individual events in the Alay Cup, Rotterdam, and tied Kati Szabo for the all-around gold in the Balkan Championships.

Now, in 1987, it was her turn to win the gold medal all-around in one of the top international competitions, the European Championships. She has developed enormously in the year-and-a-half since Montreal.



Valery Lyukin, of the Soviet Union, came on strong to win the all-around title of the European Championships. (left) Daniela Silivas defeated World Champion Elena Shushunova in her own back yard. USOPG photos © 1987-87 by Dave Black)

The strength in her legs is visibly evident and she is pretty, with a lovely smile.

The performance of the Soviet Union's Valery Lyukin announced the arrival on the world scene of a star of the first magnitude. He had won vault in the Goodwill Games, had become 1987 USSR National Champion and had won the 1987 "Moscow News" competition. Now he became winner of one of the three majors and can be expected to be among the leaders in the other two, the World Championships and the Olympics.

His virtuosity in all events was impressive. However, it was his triple back somersault on floor exercise that was his real distinction. He hit it in warm-up and the all-around, and he hit it again in warm-up and final. Handsome and personable, he is the idol of Soviet fans.



Comments From Other Observers

Since the championships, a number of interesting articles on it have appeared in the newspapers, "Sovetsky Sport." In one of them, former Olympic champion Vladimir Markelov had these observations to make: "The triple salto performed by Valery Lyukin in floor exercise made very likely the strongest impression on me. And the important thing is not only the uniqueness of the element (and this attempt by Valery was not the first) but the confidence with which the young gymnast performed this most complicated acrobatic trick. This confidence says that a new stage has come into being in world gymnastics."

Markelov concluded his article with this general comment: "This time on the podium, as never before, there were many gymnasts prepared to step across today's boundary of difficulty. The attempt of Holger Hennrich of the DDR to do a triple salto with twist from the high bar; the set of difficult elements in the routines of the Swede Jan Jonasson, the Frenchman Laurent Burrieri and other athletes from the so-called "non-gymnastic" countries—all these are signs of today, pointing toward tomorrow. In European gymnastics, the average level of difficulty has sharply grown; and to have a high standing in it, it is necessary to be ready for the first ascent to new heights."

Another commentator observed that, "Yuri Korolev performed excellently in the Olympic Sports Complex. He con-

siders that it did not turn out for him to collect the highest total score only because he performed in the first round, where he did not have any real competition and where judges' scores are more modest."

When asked about his performance, Korolev said, "I am happy with my performance but not with my place. I remember my debut at the championship of the continent in 1981 in Rome. Then I also won the silver medal. But the value of it then was different. I had only begun my career in gymnastics. I also raked deeply, as Valery Lyukin did now. If he had not performed his triple salto here, he would not have won."

The newspaper article continued its review by stating, "Lyukin received 9.85 on floor but, you know, he also received 9.9 on pommel horse and high bar. Yuri got 9.9 on vault. For the sake of objectivity, we must observe that Korolev had several markdowns for landings that were not great—from high bar and rings. Lyukin's coach, Edward Yarov, raised a reasonable objection: 'In the USSR-USA match, Valery did not do his triple salto. However, he collected a very high mark and outstripped everyone, including Yuri and Valentin Mogilyov.'"

"And what about Mogilyov, winner of three gold medals at the world championships? During the competition, he held onto second place, would have even been able to go ahead of Korolev, but on his favorite apparatus, the pommel, he suddenly stumbled—9.80."

"So, if 24-year-old Yuri Korolev performed

excellently, then 20-year-old Valery Lyukin performed brilliantly—just like Korolev here in the Olympic Sports Complex in the 1981 World Championships. Lyukin was unique, unforgettable; it seemed that this youth had no nerves."

"Beautiful dance dancer, downhill skier, virtuoso of the skate-board, Lyukin is enthusiastic and venturesome; he appeared on the podium as our contemporary, like the guy next door."

In the men's competition, it looked as though it was going to be a Soviet sweep of the top three places until Mogilyov had his fall from pommel. This allowed Gueorgiy of Hungary to place third. Sylvio Kroll of the DDR was not at his best, although he placed fourth. He appeared not to have his heart in the championships. This does not mean, however, that he will not be in top mental form again in Rotterdam. There he will be supported by Holger Hennrich, whom Markelov referred to, an excellent and popular performer, who will add strength to the DDR team.

"We Will Learn From The Lessons Of The European Championships"

Returning to the women's competition, Elena Shoushoumova looked as impressive and invincible as ever. The word "professional" comes to mind, though this is a dangerous word to use. She exudes confidence; she just looks as though she won't miss. However, it happened that Silvana was 0.15 ahead of her after two events. Therefore, Shoushoumova had to

risk something big to catch up. Here was her third event and she attempted a layout double back somersault as her dismount. It was a courageous decision. However, she had to put her hands down upon landing. The 0.5 deduction knocked her out of the running.

While bars continued, Shoushoumova was visibly discomfited, angry with herself and out of sorts. However, when her group went to beam, she could be seen running in the wings, practicing her elements and obviously thanking only of the event coming up. She soon was her old self and received a 9.90. Even with her fault on bars, she placed third all-around, tied with Diana Dudova of Bulgaria.

Of course, much was written about this episode. One commentator wrote: "The mistake of Elena Shoushoumova on bars interrupted the chain of her brilliant victories in the biggest tournaments. The important thing here, however, is this: understanding that much had been lost, that for sure the gold medal had escaped her finally, that she had received a blow. Shoushoumova nevertheless showed exceptional fighting qualities in this instance. With special ardor, with special precision and with furious determination, she performed her difficult beam routine—9.90. Even if there is no word suitable for a girl, this is still "madness." In this episode was the happiness of overcoming herself, her weaknesses."

"Shoushoumova herself admitted, in this unbelievable, white-hot competition, it is possible

I did not stand up mentally.'

"Her coach, Victor Gavrichenko, although he was grieved, took all the blame upon himself. 'It was I who advised Lina not to warm up strongly on the apparatus. My tactic was a blunder. However, whatever might have happened, everything will turn out for the best. Without debate, we will not reach new heights. The old truth. At the World Championships, we will learn from the lessons of the European Championships.'"

Observations From A Former World Champion

Former World Champion Rusudan Sikharulidze (team gold medal in 1974 and bronze medal in floor exercise) had this to say: "I think those who consider the outcome of the women's all-around competition to be a complete surprise are wrong. I would look for another word. Let us say, it was annoying, we are not used to it. Yes, such a loss on our own home ground is not, so to speak, 'in our traditions.' But we have to recognize that our girls lost to a worthy competitor. . . In her performance, all the components of Silivas' mastery flowed together surprisingly and harmoniously: complexity of composition, artistry in execution, psychological stability and readiness to take reasonable risk. The victory of the Romanian gymnast was convincing and deserved."

At the press conference, Silivas, her blue eyes opened wide, quickly and excitedly said: "I know the Soviet gymnasts perfectly well. Of course, I assumed it would be unusually diffi-

cult, and now I am simply happy that I was able to win. Nadia Comaneci congratulated me. (She won the European Championships three times.) What a wonderful feeling—to be first!"

The only note of discontent concerning Silivas came from Victor Klimenko, former Olympic champion and contemporary of Nicolai Andrianov: "I do not argue this point. Silivas is an elegant, stable gymnast who has good choreographic training. On the other hand, let us observe objectively that there was nothing new in her program. Her dismount from bars—underswing with twist—or her dismount from beam—double salto—these are all well-known elements."

"Our gymnasts showed routines of far greater complexity than the basic ones of the principal competitor. Did this circumstance have an effect upon the stability of the performance? Yes, today it did. . . And here we must say that judging rules nevertheless lag behind contemporary searches and innovations, do not sufficiently encourage first performances or those that are at the time extremely rare. I consider that the judges underrated Prykina's double-twisting, double-back somersault in floor exercise, her original mount and several connections on beam."

"The general tendency of the intensifying of difficulty has acquired a new qualitative character. Elements that not long ago only the leaders could perform are now being performed by everybody," said Sikharulidze.

"There is one more feature consisting in that

the most difficult acrobatic elements were all performed without self-consciousness, even with ease; everything, therefore, became more artistic. In the first instance, of course, this has to do with floor exercise. Choreographic connections now play a far less subordinate role in them than they did several years ago. And those athletes who make use of them meet far more understanding on the part of the judges. I cite as an example the Romanian Camelia Voinea, who, in my opinion, exactly because of her natural, smooth combination of difficulty and elegance of execution received on the floor one of the highest marks of the day—9.85."

Looking Toward Rotterdam

Looking toward Rotterdam, the battle for supremacy could well again be one between Shoushonova and Silivas, the two gymnasts who have had the most international experience and the greatest success since Montreal. It is likely that the leading Soviet girl will be backed up by, among others, young Alefina Prykina (14, from Ashkhabad, way down in Turkmenia, almost to Iran) who was third all-around in the 1986 European Junior Championships, third all-around in the Churni Cup and third all-around in the 1987 USSR National Championships. She is four-foot seven-inches, and weighs 66 pounds. Now living in Moscow, she is coached by Mikhail Klimenko, coach of 1970 World Champion Elena Mukhina. Prykina made an outstanding performance in Moscow

for so young a girl. Her most noticeable elements were:

- a) Vault: layout Yurchenko with double twist.
- b) Floor: double full, double back mount (full in, full out).
- c) Beam: from the side, Yurchenko full twist mount over the beam to free hip around the beam.

One writer summed up this particular corner of excitement as follows: "In spite of everything, the happiest person this Moscow evening was coach Mikhail Klimenko. He did not conceal it. 'The silver medal of Alefina Prykina—that is a great success both for me and for my student. I believed in her very much! With such a character, we can move mountains. Alya lived in Ashkhabad, trained with Oleg Ostapenko. I liked her character. When I asked her, 'Will you learn the most difficult elements?' she answered 'I will, I am afraid of nothing.' And here you see it, Prykina is the only gymnast in the world who performs a double-twisting, double-back somersault on the floor. Her vault is unique. She has unique elements also on bars and beam. But we will go even further. We will learn a triple salto on floor! To us this is nothing! We love to risk!"

"So she sits, surrounded by journalists—quiet, dreamy, family-oriented. She draws well, sculps, sews, makes toys out of foam and scraps. She loves algebra but suffers over geometric formulas. Is she happy? We ask. 'I don't know. I guess I'm happy for Mikhail Yurkevich, he works so much with me. Thanks to him for everything.'"

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MENTAL PREPARATION FOR ROUTINES IN COMPETITION

By Jim Holt
Men's Coach
University of Washington

A familiar phenomenon for most athletes and gymnasts is "pre-routine jitters." We are all acquainted with athletes "choking" in competitive situations. In gymnastics, how does this come about and what does it mean?

Gymnastics, unlike basketball or soccer, is not a competition in any direct sense. It does not pit athlete against athlete. There is no confrontational element, no real strategy, not even a real dimension of judgment (like having to calculate speed and spin on a pitched baseball). Most of the significant variables in a gymnastics competition are internal in nature.

Gymnastics is a preprogrammed activity; every aspect of performance should be known and certain, prior to getting on the floor. Except for falling off equipment or having a major break in a routine (elements that are often or usually predictable based on percentage of success in

training), gymnastics is predictable activity and results are largely foreseeable. The elements and order of routines are preset, and are not subject to change or modification. Further, there is no reason to do so, since the sport does not reward the handling of variables in its evaluation and ranking of performance.

A gymnast can do little or nothing about the temperature and lighting of a room, or the disposition of the judges¹, and cannot directly affect the routines of his fellow competitors. But he or she is definitely in control of all his/her own direct performance elements. What interferes with maximum performance in gymnastics is internally imposed stress.

It should be noted that stress is 80+ percent mental, not physical in nature. While its manifestations are physical, there are no external demands on the body that bring this about. It should further be noted that most preparation is almost 100 percent mental in nature. The actual work load, in the sense of physical expenditure of

energy, in a competition is minimal.

Observations have shown several recurrent and (perhaps) typical behaviors indicating stress and/or nervousness. Some specific manifestations of stress include, but are not limited to, the following:

1. **Tightness or stiffness.** An overall tight feeling is very typical during a gymnastics competition.
2. **Disaster or negative imagery.** A gymnast often imagines falling off a piece of equipment six times in a meet prior to mounting the apparatus.
3. **A physical feeling of being cold.**
4. **Cold or clammy hands (for apparatus) or cold ankles and feet.**
5. **Dry throat.**
6. **Trembling.**
7. **High pulse or rapid heartbeat.** Virtually everyone has experienced this type of stress arousal at some point in their careers.
8. **Shortness of breath.**
9. **Miscellaneous "other" symptoms.** For example: One Washington male gymnast reports a

sensation of having to urinate just prior to doing routines in meets.

Our strategy for dealing with tension or stress encompasses both physical and mental components. Physically², the only thing we really need to do is to make sure that a gymnast warms up sufficiently, and stays generally warm during the competition. This is perhaps obvious, but it takes experience and an awareness of its importance. Without enumerating each specific, it is imperative that an athlete develop a systematic routine of stretching for about 25-30 minutes in duration³. Additionally, the importance of multiple layers of clothing to help insulate and therefore raise body temperature cannot be overemphasized. Further, all athletes must have dry clothes available, so that the body doesn't cool down or stiffen up between events. This stretchout phase will prepare the body for the competition ahead, will directly combat feelings of cold or tightness, and will give a gymnast a general sense of relaxation.

The two general elements of mental preparation during a meet are: a) positive mental imagery, and b) relaxation. The following is a proposed step-by-step program to optimize routine success. This works on two general levels: first, by incorporating a process of relaxation, so that all physical symptoms of stress are combated or addressed; second, by reducing generalized anxiety through the creation of a ritualized behavior which becomes a positive and successful self-fulfilling prophecy.

After a general stretchout, a gymnast should then go through a systematic event warm-up, comprised of two or three touches on each apparatus, emphasizing a tight body with good swing technique¹. This is also an appropriate time to review key points in a routine². (The entire warmup for men should take 75-90 minutes.)

Once the competition gets underway, a gymnast can repeat a preprogrammed series of actions to help create optimal performance level. This should take place in the same order prior to each event (and, therefore, for men it should be repeated in the same order six times during the competition) and it should remain essentially unaltered from meet to meet.

A Specific Program:

Step one: About eight to ten minutes before the estimated time of getting the green light indicating the judges' permission to begin a routine, a gymnast

should engage in general stretching (especially as opposed to sitting still).

Step two: Two to four minutes before a set, the gymnast should breathe more deeply and try to relax the muscles. One should let one's mind go blank, attempting to stay unfocused on anything specific. One suggestion is to concentrate on the sound of one's own breathing. Another effective technique is to concentrate on a particularly mundane task, like putting grips on and taping them down.

Step three: One to two minutes before green light, as the gymnast approaches the chalk tray, he or she should breathe more deeply (this is the best relaxation tool I know) and, at the same time, gently swing the arms, which reminds the body to stay loose and relaxed.

Step four: Mentally go through the routine perfectly. A non-elite competitor should picture a world-class gymnast doing a basic swing perfectly and clearly, then picture himself doing the move in the best possible (or ultimate) manner. All competitors should envision themselves during the movement (and routine) as powerful, tight, and light.

Step five: As a gymnast approaches the apparatus, he/she should take two or three deep breaths and review any key cues³.

Step six: Mind blank, one deep breath, and go...

In the event that there is a major break in the routine (like on pommel horse), the routine preparation allows a plan for such a contingency, and helps minimize the damage a break causes; oftentimes when a major break occurs in a set, a gymnast compounds the error by failing to keep his composure. As indicated earlier, the only timeframe an athlete can control is the present (although a non-systematic or emotional response can adversely affect the future), and there is no advantage in worrying about or reflecting upon past events. In the event of a break, a gymnast should be programmed to go immediately to the chalk tray and chalk up, then repeat steps 4, 5, 6 in that order. A gymnast can maintain control and minimize damage by continuing to work within the present pattern.

Conclusion

It must be remembered that meet preparation on the day of the competition is almost 100 percent mental. The advantage of a preprogrammed routine based on the fundamental principles of relaxation and positive mental imagery accomplishes two things: a) Because it is present, practiced, and agreed upon, it reduces the variables in a competitive environment that an athlete must deal with, thereby allowing the athlete greater focus on the specific tasks at hand, and that reduction of variables should consistently reduce anxiety; b) A patterned response acts almost as a

talisman or code, and can be an extremely successful reinforcement by acting as a self-fulfilling prophecy. Each successful application will help create a snowballing effect, allowing the athlete to grow stronger and more confident mentally as he/she develops his/her gymnastics skills.

Footnotes

(1) Judges, of course, are indirectly affected by a gymnast's reputation, demeanor, deportment, and appearance, but this is a topic beyond the scope of this article.

(2) Pink, Hardy, "Considerations For Gymnastics Conditioning," *Technique*, Vol. 4, No. 4, pp. 4-7.

(3) Milman, Don, "Shining in the Moment of Truth," *Gymnast*, July 1983.

(4) Note that in that state this will correspond almost completely with an event in which timed warmups are used, thereby reducing an athlete's having to adjust to different competition formats.

(5) Key points or cues are specific things that athletes need to concentrate on; e.g. thinking specifically about kicking through bottom or arching (this has been suggested specifically by Wolfgang Thoenes) that the higher level a gymnast is, the fewer cues he has. Thoenes asserted that he let his mind go blank throughout his high bar routine and just "let it."

(6) A well-known example of this was Boris Shuklin's approach to apparatus, upon mounting the pommel and getting the green light, Shuklin would turn his back towards the apparatus, and stand for several seconds, head down, legs apart and arms on hips, when he was done with his mental review/entrance, he would turn, salute the judges and begin his routine.

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 Unerahl, Lars-Erik, *The Mental Aspects of Gymnastics*, Grafton, Sweden: VIKAR Publ., 1982.

BUILDING PERSONAL GROWTH



By Rhonda Hite

A hushed crowd studies the young gymnast as she begins her routine on the balance beam. Pointed toes and a high-held head are continuous components of her performance. When finished, she jumps off the balance beam onto the floor, three inches below.

This scenario is not average for "the Olympics," but is common in Special Olympics which provides mentally handicapped persons the opportunity to participate in sports. More than 5,700 athletes and coaches will attend the Seventh International Summer Special Olympic Games which will be held in South Bend, Indiana. Competition will take place at the University of Notre Dame and Saint Mary's College from July 31 to August 6. Athletes from the 50 states, U.S. territories, and more than 60 countries will be there competing in this vigorous competition.

Angela Lake and Betty Boyd are two of the eight gymnasts from Indiana chosen to compete in the Games. Lake, five-foot four-inches, and 115 pounds, will be competing in the all-around which includes five events: balance beam, floor exercise, uneven bars, vault and rhythmic exercises.

Her coach, Becky Fekede, teacher of the moderately mentally handicapped at Garrett High School in Garrett, Indiana, has been coaching Lake for the two years she has competed in gymnastics. Since Lake began competing, Fekede has noticed considerable changes in the 17-year-old's personal growth. "Confidence has come over Angela," she said. "Her self-esteem has skyrocketed and she is now able to perform in front of a group."

Before gymnastics competitions, like every athlete, Lake gets very nervous. "She's usually a wreck," commented her coach. "But when she starts her routine, I don't have to give her any cues or assistance." Lake has already begun training

for the Games. Fekede said they are going over the routines and polishing the fine points such as pointed toes and a high-held head. Lake is also learning to compete on the uneven bars which is a segment of the all-around competition.

The Olympian and her coach disagree on which event she performs best. Lake prefers floor exercise in which she performs a series of jumps and forward rolls. Fekede, however, believes her best event is balance beam. "I think Angela prefers floor exercise because she feels more secure. Even though the beam is only three inches off the floor, I think she concentrates more and works harder on the balance beam."

Special Olympics has given Lake the chance to be competitive in many different events. As a member of a sports-oriented family, Special Olympics has also given her the opportunity to receive recognition like the other members of her family.

The recognition she has received by being one of the eight athletes randomly chosen for the Games was earned, according to Fedake. "She has put forth a lot of effort and time and now she performs well and is successful at it. Not everyone in my classroom was able to compete in gymnastics. Her successes are building her up more and more. I believe the abundance of parental support she receives has helped her immensely."

After Lake finishes her schooling she hopes to work with small children, Fedake said. "Competing in the Special Olympics has given her confidence that will carry on when she enters the competitive job market."

Betty Boyd, another gymnast chosen for the Games, isn't ready for the job market yet, she is only 14 years old. Boyd, five-foot six-inches tall, and 138 pounds, attends Lee J. Fultz High School in Salem, Indiana. Her coach, Becky Schamber, is also her instructor in the moderately mentally handicapped classroom. Schamber has worked with Boyd for six years while she participated in various Special Olympic events. Boyd has competed in gymnastics for two years.

Those two years have given Boyd more than medals and recognition, Schamber observed. "Learning her routines has helped Boyd's memory and performing has given her balance and grace." Competing has also given

Boyd self confidence, which is especially helpful during the adolescent years. There are only a few people who are physically capable of competing in gymnastics. She knows she is unique and special," said Schamber.

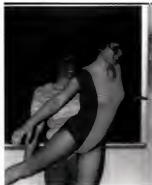
Boyd will participate in two events in level one of the Games: rhythmic ribbon and balance beam. Schamber said the gymnast's best event is rhythmic ribbon. "She has a good sense of rhythm and stays with the music."

Rhythm is not the only thing on the coach's mind as they are preparing their athletes each week for the Games. "I'm just as excited to be going to the Games as Betty. I think she's gotten some

of the excitement from me. It's a new experience for both of us," said Schamber.

The Special Olympics program is a new experience for many mentally handicapped athletes. Speaking from 14 years experience in Special Olympics, Schamber said, "In some cases Special Olympics has given athletes the only chance to go out into society. They leave home, go skiing, stay in hotels and meet different people in different settings. These experiences contribute significantly to the athlete's physical and social growth."

Personal growth and achievement is what the Special Olympics strives to recognize—when it might not be otherwise recognized.



Angela Lake (above) and Betty Boyd (left) are two of the 5,700 athletes who will compete in the Seventh International Summer Special Olympic Games in South Bend, Indiana, in early August. Lake and Boyd, both natives of Indiana, will compete in the gymnastics portion of the Olympics.

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Eligibility Update No. 3

By Cheryl Grace
USGF Eligibility Administrator

(Editor's Note: This is the first part of a two-part series dealing with common questions on athlete eligibility. Part two will appear in the September/October issue of USA GYMNASTICS.)

There have been several questions directed to the USGF recently about eligibility rules associated with raising funds to support a gymnast's training expenses. The following is a further clarification of the guidelines for fund-raising and the restrictions associated with maintaining an athlete's amateur status.

The USGF eligibility rules have been formulated in the "USGF Eligibility Code." This Code is a compilation of all eligibility rules of the International Olympic Committee, International Gymnastics Federation (FIG),

and USGF, which must be followed to compete in USGF and international competitions. The USGF has interpreted the international eligibility rules as liberally as possible within the framework in order to allow an athlete to take advantage of the commercial opportunities available.

The rules of the National Collegiate Athletic Association govern those gymnasts wishing to maintain their college eligibility. Its rules are stricter than those of the USGF. If you are under college age, you must first decide whether or not you wish to retain your college eligibility. If you want to protect that status, you must follow the NCAA rules for pre-NCAA athletes.

During your gymnastics career, prior to enrollment in an NCAA college, there are basically four sources from which you may accept money for your travel and meal expenses:

1. Your parents or legal guardian;
2. The USGF;
3. A non-professional organization sponsoring an event, such as the organizers of an invitational (e.g., Mardi Gras Invitational);
4. The gymnastics club in which you train.

If you are asked to be in a commercial, in a print advertisement, or a model for a leotard manufacturer, for which you were selected to represent a gymnast, either in skill or dress, you may not receive compensation or designate someone else to receive the compensation on your behalf. NCAA rules do, however, allow you to participate in advertising under the following guidelines:

1. If you represent a gymnast, either in skill or dress:
 - a. You may not receive compensation.
 - b. Prior to enrollment at an NCAA institution, the advertisement must be retracted.

USGF Moving To Pan Am Plaza

In conjunction with the Pan American Games fever that has gripped Indianapolis, Indiana, for the past year, the United States Gymnastics Federation will be moving its offices to the newly constructed Pan American Plaza. The USGF will join other National Governing Bodies such as U.S. Rowing, Synchronized Swimming, U.S. Diving, the International Baseball Federation, The Athletic Congress, the National Governor's Office for Physical Fitness, the Canoe/Kayak Federation and more in this new home.

The move, which will be effective August 1, 1987, will

change the phone numbers and addresses of the many USGF services. The new numbers and addresses are:

United States Gymnastics Federation
201 South Capitol
Pan American Plaza, Suite 200
Indianapolis, Indiana 46205
(317) 237-5955 Main Switchboard

USGF Merchandising
P.O. Box 5955
Indianapolis, Indiana 46205
(317) 237-5955

USGF Secretariat
P.O. Box 5916
Indianapolis, Indiana 46205
(317) 237-5955

USGF Membership
P.O. Box 5955
Indianapolis, Indiana 46205
(800) 345-4719 Toll Free
(317) 237-5955 Inside Indiana

The Pan American Plaza, built specifically for the Pan American Games, sits in downtown Indianapolis right across from historic Union Station, a renovated train

depot with over 40 restaurants and shops, and across the street from the Hoosier Dome and Convention Center, which is the home of the pro football Colts and once was the home of the USGF. Inside the Plaza are two Olympic-sized skating rinks which will allow Olympic-style hockey and skating competitions.

With constant expansion of the USGF, the new location will add over 1,000 square feet to the office, pushing it to 8,310 square feet. With the exception of one other office, the USGF will occupy the entire third floor of this 12-story structure.

The Pan American Plaza, in downtown Indianapolis, will remain the nation of the 1987 Games and will secure Indianapolis as the amateur sports capital of the world.

RHYTHMIC UPDATE

Strong Showing In Red Square

By Irina Vdovets

The United States representatives to the Soviet Union made a strong impression last spring, competing with 14 other rhythmic gymnastics teams in the Soviet Women's Tournament in Moscow and several other cities. Diane Simpson and Wendy Hilliard put in consistent performances throughout the competitions and intense workout sessions.

The tournament was divided into two competitions, the first in Moscow and the second (for the U.S. team) in Vilnius. For the Moscow competition, all 14 participating countries sent their two top rhythmic gymnasts, creating a World Championship atmosphere. Many approached this competition as a practice meet for upcoming major events.

Both U.S. gymnasts competed well, showing different styles and consistent routines. In Moscow, out of 28 gymnasts, Simpson placed ninth with an all-around score of 38.28, and Hilliard placed 20th with an all-around score of 37.25. Simpson made finale in clubs and was honored with a "Most Artistic Gymnast" award.

The following week the duo traveled to Vilnius with a split field of seven countries. The Soviet Union and Bulgaria were two of the seven. In this meet, Simpson tied for fifth with France's Annette Wallis with an all-around score of 38.45. Hilliard tied for seventh with Romania's Petrusca Dumetrescu with an all-around score of 38.30. Simpson made finale in all four events with Hilliard making it in the rope and ribbon events.

For the United States, the meet must be considered a success. The presence of so many top-level gymnasts, combined with Simp-

son's and Hilliard's strong showing, indicates how the level of skill in rhythmic gymnastics has increased in the United States to the point where it can compete favorably with the world's best.



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